

PUBLIC HEALTH

Emotional Constitution Is Important Part of Health

➤ DOCTORS and nurses and hospitals and health departments can help us to be healthy, just as schools and teachers can help us to be educated. These aids to health and education, however, are of no use without suitable raw materials, any more than an airplane or tank factory is useful without suitable raw materials from which to make planes and tanks.

The raw material for health is described by Dr. Dwight O'Hara, professor of preventive medicine in Tufts College Medical School, in his new book, *Air-Borne Infection*, published by the Commonwealth Fund. Like a good New Englander, Dr. O'Hara sees the raw material for health integrated into

a diagrammatic pie. He admits that even a New Englander's idea of how to cut a pie might be faulty, but as he sees it, this health pie divides into three large sections. Each section represents one of the raw materials of health.

One section of the health pie is the biologic constitution. This is the raw material from which a person draws ability to resist privation, germ invasion, poisonous substances, and time or the effects of advancing years.

Second section of the health pie is the emotional constitution. This raw material determines how a person will feel about people and events, how he will behave, his stability under discipline and stress, his personality and his choice of recreation. This last may not seem to you like raw material for health, but through it a person may either add strains to his health or add strength to resist strain.

Third section of the health pie is the living standard. Included in this are housing, medical care, food and drink, and occupation. It is through these factors that efforts to promote health may be and have been made. It is, Dr. O'Hara points out, "the most changeful of all the raw materials of health." He warns that changes in the living standard must be carefully watched, stating that "too much of what is popularly known as the living standard may put a greater load upon the emotional constitution than it can stand."

The constitutional raw materials of health are inborn and it is by them that a person's health most often stands or falls.

Science News Letter, November 6, 1943

CHEMISTRY

Increased Use of Rosin Required of Soap-Makers

➤ HOUSEWIVES will probably not detect any change in the quality of soap even though domestic non-fat materials, principally rosin, are to be used to a greater extent instead of fats in wartime soap-making. Adjusted soap formulas have been prescribed by the War Food Administration to increase the nation's soap supply by approximately 9% without using additional fats and oils.

A few users of soap may feel that the increased use of rosin and other domestic non-fats as a substitute for such common soap-making materials as palm and coconut oils does tend to make the soap a shade darker. The soap may not lather quite as well as the same brand did formerly and be harder on the hands, but the change will be so slight as to be scarcely noticeable.

The percentage of substitution of rosin and other materials will depend on the type of soap. Some soap chips and granules will contain an extra 15% of rosin and builders, whereas toilet bars are required to increase their use of rosin only 2%.

Rosin, the residue from the distillation of crude oil of turpentine, has long been an important ingredient of yellow household and washing soaps because of its great cleansing quality.

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Only about 25% of the *crude oil* produced now goes into automobile gasoline; increasing amounts go into high-octane fuel for warplanes, toluene for explosives and butadiene for synthetic rubber.

**Letter to a P.O.W.**

WILL YOU WRITE a letter to a Prisoner of War . . . tonight?

Perhaps he was left behind when Bataan fell. Perhaps he had to bail out over Germany. Anyway, he's an American, and he hasn't had a letter in a long, long time.

And when you sit down to write, tell *him* why you didn't buy your share of War Bonds last pay day—if you didn't.

"Dear Joe," you might say, "the old topcoat was getting kind of threadbare, so I . . ."

No, cross it out. Joe might not understand about the topcoat, especially if he's shivering in a damp Japanese cell.

Let's try again. "Dear Joe, I've been working pretty hard and haven't had a vacation in over a year, so . . ."

Better cross that out, too. They don't ever get vacations where Joe's staying.

Well, what are you waiting for? Go ahead, write the letter to Joe. Try to write it, anyhow.

But mister, or madam, or miss, if somehow you find you can't finish that letter, will you, at least, do this for Joe? Will you up the amount of money you're putting into your Payroll Savings Plan—so that you'll be buying your share of War Bonds from here on in? And will you—for Joe's sake—start doing it right away?